
Subject: Nutrition Education – Individual Self-Study

Effective Date: October 1, 2004

Revised from:

Policy:

Individual self-study nutrition education (i.e., self-study notebooks, or interactive centers) is an approved educational method for the subsequent (second) low risk contact. Each individual self-study nutrition education contact shall offer reliable, accurate, timely and relevant nutrition information that meets clients' needs. WIC staff shall be available at the time the client completes the self-study activities to discuss skills/knowledge gained, health goals set and/or behaviors changed as a result of the study.

Reference: § 246.11, WIC Nutrition Services Standards, Standard 8**Procedure:**

Follow the steps below to provide individual self-study nutrition education:

1. Develop or use an existing activity.

- Activities may include, but are not limited to self-study notebooks, or interactive nutrition education centers.
- Nutrition education centers must include at least one interactive (participatory) activity completed by the client as they go through the center. Examples include taste testing, quizzes, games, demonstrations, etc.
- Self-study notebooks must include a mechanism, such as a quiz or game that will lead the individual to assess their knowledge gain as they go through the lesson.
- Write a lesson plan for each self-study including the objectives, target audience, a brief outline of the lesson and the evaluation method.
- Schedule low-risk clients into the self-study notebook or interactive center as a 2C appointment using the KWIC appointment book.
- Gather materials/props to be used during the activity. For example, videos, craft and/or food supplies, games, posters, books, educational pamphlets etc.

2. Follow up with clients to discuss knowledge gained, or what behaviors they anticipate changing as a result of completing the activities and to answer questions/concerns. For example:

- "What changes do you plan to make in your diet after viewing the center?"

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3. Document attendance in the KWIC appointment book for each client scheduled for the self-study. If the client refuses nutrition education, change appointment outcome to “refused” before printing checks.